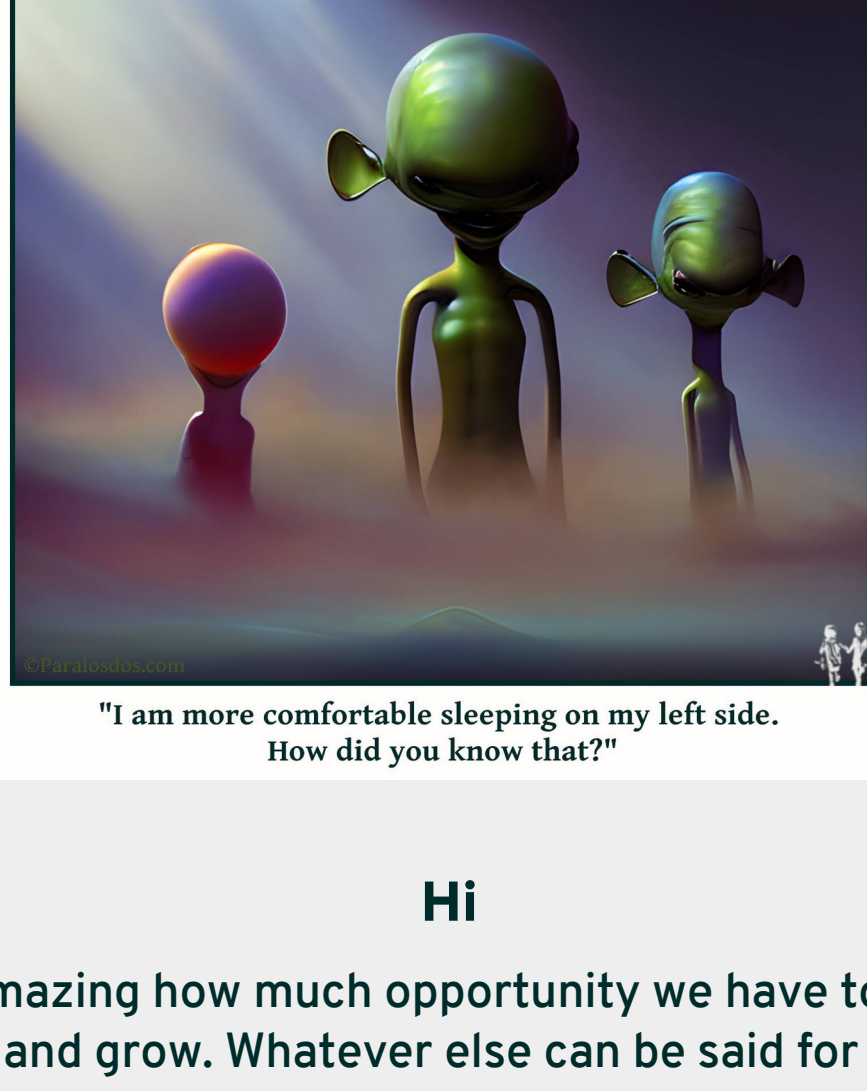


Change Happens

Have a great day,
find your way

The Alien Life



"I am more comfortable sleeping on my left side.
How did you know that?"

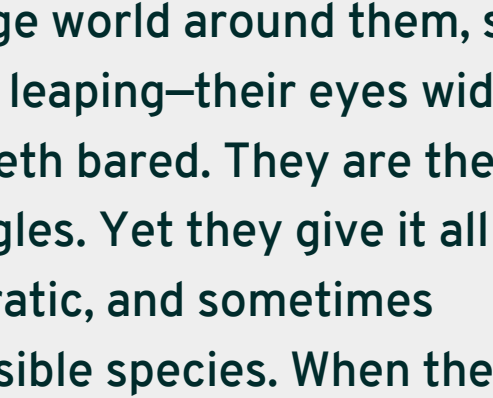
Hi

It's amazing how much opportunity we have to learn and grow. Whatever else can be said for the gong show that is modern existence, it has not ripped us off for things, and ways, to know.

Staying peaceful is the single greatest power you can possess. Anything that allows you to further your skill set when it comes to controlling your emotions is worth considering. With determination and calm, any circumstance becomes manageable.

Yes, yes they are

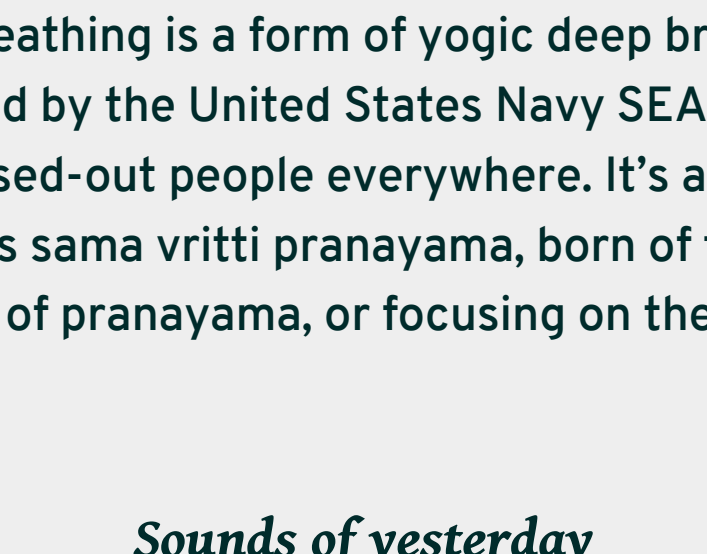
Are Cats Really Wild Animals?



"Cats are descended from some of the world's most fearsome predators. They can be aloof and mysterious, and when they go outside they blend into the savage world around them, stalking, growling, and leaping—their eyes wide, their ears back, their teeth bared. They are the kings of their backyard jungles. Yet they give it all up to be with us—a loud, erratic, and sometimes incomprehensible species. When they cross our thresholds, the beast fades away. They tame us, and they are tamed by us. Cats may have retained a bit of their wild ancestry, but they always come home."

Not just a yoga thing

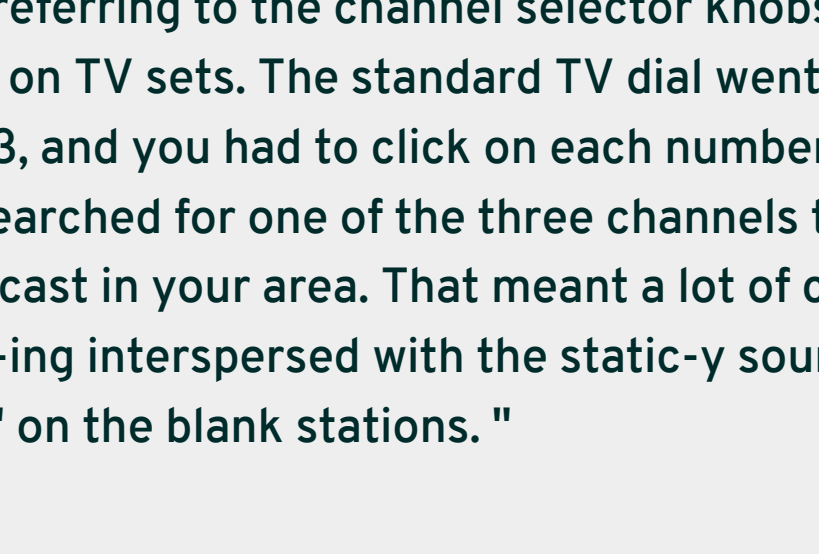
How Box Breathing Can Help You De-stress



"Box breathing is a form of yogic deep breathing employed by the United States Navy SEALs and by stressed-out people everywhere. It's also known as sama vritti pranayama, born of the yogic practice of pranayama, or focusing on the breath."

Sounds of yesterday

Sounds Today's Kids Have Probably Never Heard



"When announcers of yesteryear used to admonish viewers, 'Don't touch that dial,' they were referring to the channel selector knobs found on TV sets. The standard TV dial went from 2 to 13, and you had to click on each number as you searched for one of the three channels that broadcast in your area. That meant a lot of clunk clunk-ing interspersed with the static-y sound of 'snow' on the blank stations."

June 8, 1949

Eric Arthur Blair

1984 Written and Published

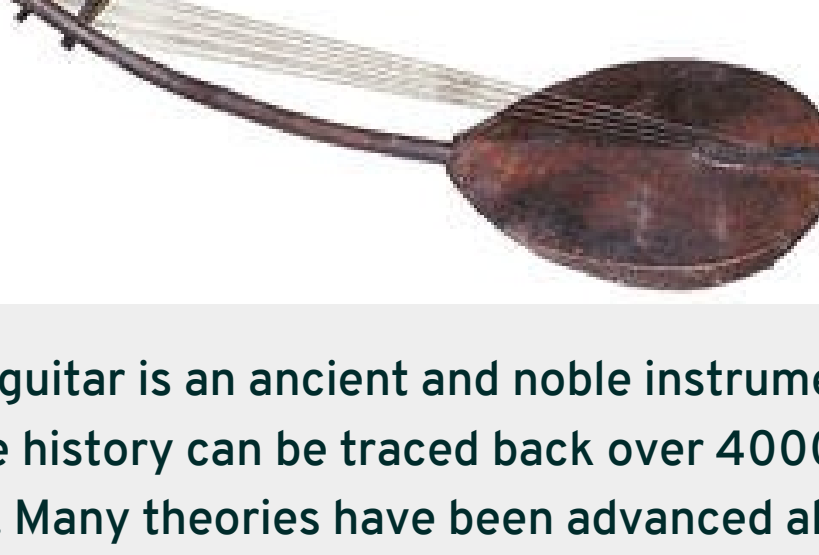


Wiki Rabbit Hole

"Nineteen Eighty-Four (also published as 1984) is a dystopian social science fiction novel and cautionary tale by English writer George Orwell. It was published on 8 June 1949 by Secker & Warburg as Orwell's ninth and final book completed in his lifetime. Thematically, it centres on the consequences of totalitarianism, mass surveillance and repressive regimentation of people and behaviours within society. Orwell, a democratic socialist, modelled the authoritarian state in the novel on Stalinist Russia and Nazi Germany. More broadly, the novel examines the role of truth and facts within societies and the ways in which they can be manipulated."

For the natural nerd

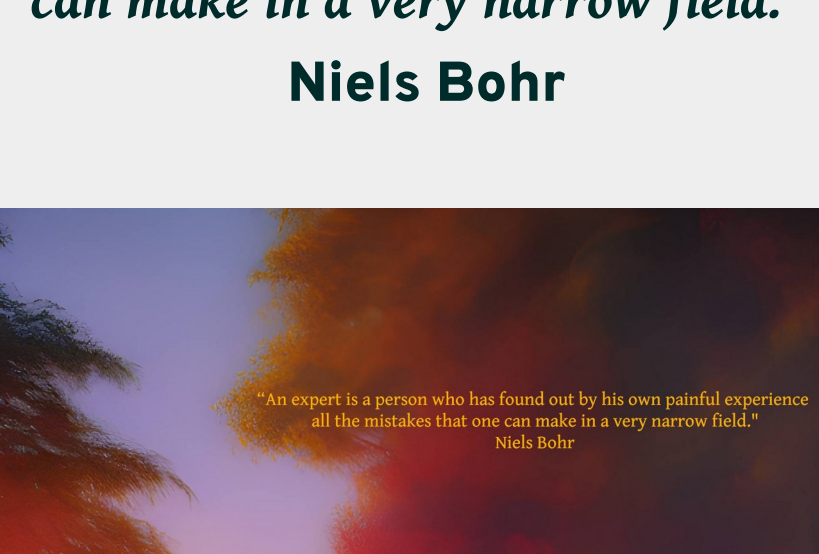
The beginner's guide to bird-watching



"Birding or bird-watching (the two terms, for all intents and purposes, can be used interchangeably) is a hobby that engages the senses, encourages mindfulness, and gets participants out into the fresh air. Not only does immersion in nature come with a host of mental health benefits, but even listening to birdsong can also improve well-being. Whether you're looking to slow down a little bit or want to find your own nemesis bird, getting into bird-watching is as simple as appreciating a single bird."

How to not panic

How to Keep Your Cool, No Matter What



"Basically, I had stopped seeing problems—even dangerous ones—as disasters and started seeing them as a normal part of travel in deep wilderness. If you spend enough time outdoors, no matter how well you prepare, you're going to encounter a crisis sooner or later. Trust your future self to handle what comes. And when the mud hits the fan, here are some lessons I've learned for keeping a cool head."

This one is all for you bud

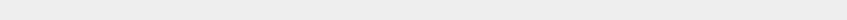
A Brief History of the Guitar



"The guitar is an ancient and noble instrument, whose history can be traced back over 4000 years. Many theories have been advanced about the instrument's ancestry. It has often been claimed that the guitar is a development of the lute, or even of the ancient Greek kithara. Research done by Dr. Michael Kasha in the 1960's showed these claims to be without merit. He showed that the lute is a result of a separate line of development, sharing common ancestors with the guitar, but having had no influence on its evolution."

"An expert is a person who has found out by his own painful experience all the mistakes that one can make in a very narrow field."

Niels Bohr



it's your life
you understand

Please feel free to forward [Change Happens](#) to anyone you think might enjoy it and have a most excellent day